SPORTLINE.

Solo 900
Heart Rate Watch

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at their own expense.

IMPORTANT:
- Read this instruction manual thoroughly before operating the unit.
- This unit is not a medical device. It is meant to provide a general guide assisting you during workout. Please consult your doctor before beginning any exercise program.

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While this watch works like a standard sports watch, it includes an advanced heart rate sensing technology - **S-Pulse™** - that provides easy and accurate contact heart rate readings.

S-Pulse™ is a patented heart rate sensing technology that measures the electrical signals on your skin – in the same manner that an EKG or electrocardiogram does.

While the Sportline Solo 900 Heart Rate Watch attaches to your wrist like other watch products, it does not measure or sense your pulse at your wrist. It instead uses **S-Pulse™** technology to sense your heart rate by measuring your EKG signal.

How to Measure Your Heart Rate
To get your heart rate reading, just follow these simple steps:

1. Place the Sportline Solo 900 Heart Rate
   Watch on your wrist, adjusting for a snug, comfortable fit.
2. Place your finger on the Sportline Solo 900 Heart Rate Watch's
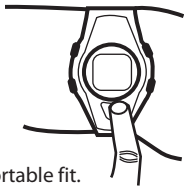
Be sure to activate the Heart Rate mode by pressing the bottom metal sensor so that the display flashes. It is best to use the flat 'pads' of your finger, and not the fingertips.

3. A 'beep' will sound and your heart rate will be displayed.
   It's that easy!

Because the Sportline Solo 900 Heart Rate Watch is a sensitive monitoring device that reads your EKG signals, reading times will vary. If you don't get a reading in 3-8 seconds, wait a couple of minutes and try again. This gives the Sportline Solo 900 Heart Rate Watch a chance to settle in and pick up your electrical signals.

Your heart rate will remain displayed once measured, and will remain displayed for 7 seconds after you release the sensor button.

• The Sportline Solo 900 Heart Rate Watch must be attached to your wrist in order for the Heart Rate Measure function to work.
• Proper finger pad contact is very important and affects the heart rate reading time.
• For those users with dry skin, thick or calloused finger, low heart rate signal strength (EKG strength), minimal padding on your finger, or users located in dry environments, please see our Helpful Hints section.
• The Heart Rate Measure function is not intended for use or operation in or under water.

How to Calculate Your Maximum Heart Rate
- Deduct your age from 220 (220 - your age = your maximum heart rate)
- Example of Relative Heart Rate

  - Tom is 30 years old
  - His heart rate measured at 132
  - Maximum heart rate is 220 - 30 = 190 bpm
  - 132/190 = 70% Relative Heart Rate

To learn more, log onto www.sportline.com

Helpful Hints in Measuring Heart Rate
If you are having difficulty measuring your heart rate, you may want to try the following steps. Try each of these in order until you successfully measure your heart rate:
1. Make sure the Sportline Solo 900 Heart Rate Watch is snugly strapped to your wrist. A loose fit makes it more difficult to properly measure your heart rate.
2. When pressing on the sensor, make sure that you are using the soft, flat pads of your finger, not the tip of your finger.
3. Press gently with enough pressure to activate the heart rate measure mode. Muscle 'noise' from pressing too hard can make it difficult to measure your heart rate.
4. Make sure that the metal back of the Heart Rate Watch is laying flat on your skin.
5. Make sure your wrist and finger are clean and free from dirt, oils, or lotions.

6 Stay still, and relax your arms on a stable surface while taking your heart rate.

7. Clean the front sensor and back metal plate with a mild soap and water or similar cleaning solution.

8. Moisten with water the pads of the finger that you are using to contact the sensor on the face of the watch.

9. Moisten with water the surface between the back metal plate of the watch and the skin on your wrist.

Sportline Solo 900
Heart Rate Watch Features
and Button Operation Overview

LIGHT

ST./STP.

MODE

RESET

1. Press the **MODE** button to select the desired feature mode. The Sportline Solo 900 Heart Rate Watch feature modes (displays) are:

- **Time**

    Set time, date, 12H/24H display mode, and Button Beep ON/OFF.
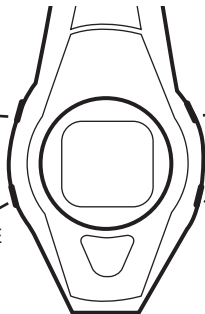
- **Alarm**

    Set alarm time, turn alarm ON/OFF, turn hourly chime ON/OFF

- **Chronograph**
  Run chronograph

2. Once you have selected a feature mode, to change a setting in that mode, hold the **MODE** button down for 2-3 seconds until the display flashes.
   When in 'Button Beep ON' mode (watch default), the Heart Rate Watch will beep when the buttons are pushed.

3. Once flashing, to set a feature use the **ST/STP** (Start/Stop) button to increase and **RESET** button to decrease the setting.

4. To move to the next setting, press and release the **MODE** button.

5. To save new settings after completion, hold the **MODE** button down for 2-3 seconds until the display stops flashing.

Setting Time

1. While in the Time mode hold the **MODE** button down for 2-3 seconds until the display flashes.

2. The 'seconds' display will flash. In order, the settings to enter will be:
   - seconds
   - minutes
   - hours
   - 12Hr (am/pm) or 24Hr (military) time mode
   - Button Beep ON or OFF (buttons beep when pressed when ON, no beeping when OFF)

3. To set the feature, press the **ST/STP** (Start/Stop) button to increase and **RESET** button to decrease the setting.

4. To move to the next setting, press and release the **MODE** button.
5. After all settings are entered, to save the new settings, hold the **MODE** button down for 2-3 seconds until the display stops flashing.

Setting the Daily Alarm Time

1. While in the Alarm mode, hold the **MODE** button down for 2-3 seconds until the 'hour' display flashes.
2. To set 'hour', press the **ST/STP** (Start/Stop) button to increase and **RESET** button to decrease the setting.
3. To move to 'minutes', press and release the **MODE** button.
4. After 'hours' and 'minutes' are set, to save, hold the **MODE** button down for 2-3 seconds until the display stops flashing.

Turning the Daily Alarm ON/OFF
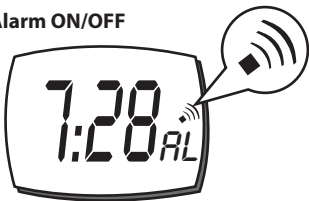
1. While in the Alarm mode, press the **ST/STP** (Start/Stop) button once to turn the Daily Alarm ON or OFF.

2. When the Daily Alarm Indicator appears, the daily alarm is ON. The Watch will start beeping at the designated alarm time for 30 seconds. To stop the beeping early, simply press any button (except the **LIGHT** button).

Turning the Hourly Chime ON/OFF

1. While in the Alarm mode, press the **RESET** button once to set the hourly chime ON or OFF.
2. When the Hourly Chime Indicator appears, the hourly chime is ON, and the Watch will beep at the top of each hour.

Using the Chronograph Feature
The Chronograph feature measures elapsed time from a zero starting point. The maximum counting range of the chronograph is 99 hours, 59 minutes and 59 seconds.

To use the Chronograph, press the **MODE** button to select the Chronograph mode. The Watch can now be used to record an elapsed length of time.

1. Press the **RESET** button to reset counter to '0'.
2. Press the **ST/STP** (start/stop) button once to start timing.
3. Press the **ST/STP** (start/stop) button to stop timing.
4. To reset the chronograph to '0' press the **RESET** button.

Care and Maintenance

To ensure proper function of your Sportline Solo 900
Heart Rate Watch:

- Avoid rough usage or severe impacts to the Watch
- Keep the front sensor and back metal plate free from dirt, oils, or other contaminants.
- Periodically clean the Watch, using a soft cloth, with a mild soap and water or similar cleaning solution.
- Keep the Watch out of extreme heat or cold.
- Do not expose the Watch to intense direct sunlight for long periods of time.
- Do not expose the Watch to chemicals such as gasoline, alcohol, or solvents.

Specifications

Current Time Mode

- Hour, minute and second
- Month, day, day of week and year
- 12 / 24 hour format selectable
- Month-day/Day-month selectable

- Auto calendar from year 2000 to 2099
- Hourly Chime on the hours

Heart Rate Alert Mode
- Measuring range: 43 to 200 beats per minute
- Heart Rate Alert (upper and lower limit)

Daily Alarm Mode
- Daily Alarm: 1 daily alarm
- Alarm Duration: 30 seconds

Chronograph Mode
- Resolution: 1/100 second
- Counting range: 99 hours, 59 minutes, 59 seconds
- Measuring mode: Elapsed time
- Electro-luminescent/EL backlight
- Water resistant to 30 meters

The Sportline Solo 900 Heart Rate Watch *function is not intended for use or operation in or under water.*

Battery
Battery replacement will be required from time to time,
and should occur when:
- The display fades in part or completely
- The Heart Rate function will not activate

To replace the battery of your Sportline Solo 900 Heart Rate Watch, we recommend that this be done by a watch repair service center. This will ensure that the water resistance will be retained after battery replacement.

The Watch uses the standard lithium replacement battery: 2025

NOTE
- Non-rechargeable batteries are not to be recharged
- Rechargeable batteries must be removed before recharging
- Rechargeable batteries only to be recharged under adult supervision
- Different types of batteries must not be mixed
- New and used batteries not to be mixed
- Exhausted batteries to be removed
- Do not dispose of battery in fire; battery may explode or leak
- Do not dispose of product in fire; battery may explode or leak

How the Sportline Solo 900 Heart Rate Watch Works

It is useful to understand the basics of how the watch's **S-Pulse™** sensing technology works – as it will perform differently on people of different age, skin type, body type, EKG or electro-cardiogram signal strength, among others.

The S-Pulse™ technology measures the electronic signals that pass through your body – that result from the beating of your heart. Many

are familiar with the EKG waveform – from either personal experiences while at the hospital, or from popular television medical shows. It is this same signal that passes through your body that S-Pulse™ measures.

This measurement is obtained by the Watch's 2 metal sensors. The back metal plate of the Watch wrist is actually a primary sensor that measures these electronic signals off your arm.

The 'EKG' measurement is done when you place your finger from one hand on the top sensor on the Watch that is attached to your opposite arm. This creates a loop across your body that the Watch can now read.

The Sportline Solo 900 Heart Rate Watch must be attached to your wrist in order for the *Heart Rate Measure function to work.*

Patents

The Heart Rate Watch and **S-Pulse™** technology are a result of and protected by the following patents:
 US: 5,738,104 & 5,876,350
 Europe: EPO 0861045B1

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